

PREVALENCE OF RISK BEHAVIOURS AND PSYCHOPATHOLOGY AMONG EUROPEAN YOUTH

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During the transition from childhood to adulthood, adolescents establish patterns of behaviour and make lifestyle choices that affect both their current and future health. Most health indicators are socially patterned in adolescence and track into adulthood, with higher risks of adverse outcomes. Given the importance of this transitional period, it is essential to systematically monitor and assess the health and well-being of adolescents and young adults, and evaluate the nation's efforts to improve the health of young people.

Saving and Empowering Young Lives in Europe (SEYLE) aims at promoting mental health among adolescents in European schools. The SEYLE project was performed during January 2009 - December 2011, and comprised a consortium of 12 European countries: *Austria, Estonia, France, Germany, Hungary, Ireland, Israel, Italy, Romania, Slovenia and Spain*, with *Sweden* as the coordinating centre. One of its main objectives is to gather information on health and well-being in European adolescents. SEYLE generated a large epidemiological database containing information regarding sociodemographics, risk factors, lifestyles, and the mental health of adolescents in Europe. The database contains information regarding 366 variables for 12,395 cases, for a total of over 4.5 million observations. Prevalence regarding psychopathology, such as depressive and anxiety symptoms, hyperactivity, suicidal ideation and behaviour and lifestyles such as substance abuse, including alcohol, smoking and illegal drugs; sleep, nutrition and physical activity, and Internet use is available and will be described during this presentation.